



PORTMAN COMMUNITY RECREATION CENTER

4601 MCCULLOCH ST, DULUTH MN 55804



August

2016

Theresa Mellinger - City of Duluth Senior Center Coordinator
AEOA Senior Dining -Monday or Friday

(218) 390-9429
218-727-4321

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 Chicken Noodle Soup & Ham Sandwich, Fruit 8:30 UCare Exercise 12:30 Bingo	1 Roast Beef Dinner & Rhubarb Cake	2 Minnesota Hotdish & Fruit 8:30 UCare Exercise 9:00 Coffee Club 10:30 Open Rec	3 Chicken Pasta Salad & Fresh Fruit	4 Parmesan Crusted Tialipa, Lemon Bar 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	5
	7 Creamed Chicken / Biscuit Fresh Fruit 8:30 UCare Exercise 12:00 Senior Club Meeting 12:30 Bingo	8 Stuffed Pork Loin Cake & Ice Cream 10:30 SENIOR BOAT RIDE-meet at Spirit Lake Marina-218-390-9429, AEOA lunch served after the boat ride at Morgan Park Senior Center	9 Chicken Strips & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club 10:30 Open Rec	10 Meatballs/ Gravy Peanut Butter Cake	11 Sw & Sour Pork Applesauce 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	12
	14 Salsbury Steak & Strawberry Sauce 8:30 UCare Exercise 12:30 Bingo	15 Roast Turkey Dinner Fresh Fruit	16 Chef Salad & Fruit 8:30 UCare Exercise 9:00 Coffee Club 10:30 Open Rec	17 1-5 AARP-refresher call 218-730-4319	18 Picnic Lunch 8:30 UCare Exercise 11:30 Picnic Lunch & Bingo Party	19 9-5 PM AARP 1ST Time Class-8 Hr. --call to register 218-730-4319
	21 Chicken Parmesan Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	22 Stuffed Baked Potato Brownie	23 Lasagna & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club 10:30 Open Rec	24 Bratwurst & Fruit	25 Ham Dinner Fresh Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	26
	28 Parmesan Crusted Chicken, Rhubarb Cake 8:30 UCare Exercise 12:30 Bingo	29 Special of the Day	30 Chicken on Bun Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club 10:30 Open Rec	31 	1 	2
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